



## **Crusader/Lady Crusader Track & Field**

### *Mission*

*To collectively champion the cause of Christ on the track,  
in the classroom, at home, and in the community!*



<b>UNCOMMON!</b> <b>ROMANS 12:2</b>			Victorious Living			
		Obstacles	<b>Diakonos</b> <i>Servant Leadership</i>	Competitive Greatness		
		<b>Pisteuo</b> <i>Absolute Belief</i>	<b>Arete</b> <i>Achieving Potential</i>	<b>Hupomone</b> <i>Determined Perseverance</i>		
	Inspiration	Teamwork	Family	Positivity	Preparation	
Character	Class	Commitment	Loyalty	Discipline	Technique	Consistent Improvement

**Crusader/lady Crusader Track & field**  
***TEAM VALUES***

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## Crusader/lady Crusader Track & field *TEAM STANDARDS*

<b>Do what's <u>R</u>IGHT</b>	<b>Be <u>R</u>ESPONSIBLE</b>	<b>Be <u>R</u>ESPECTFUL</b>
Make wise choices	Be there	Yes Sir and Yes Ma'am
Represent Christ and Cru	Be on time	Be coachable
Sharpen your sword	Be in uniform	Positive attitude
Be a builder	Bring your bullets	Keep it in front



# CRUSADER/LADY CRUSADER TRACK & FIELD

## *Master Schedule*

~ February 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 VP 255-345 @ S	3	4 VP 255-345 @ S	5	6 VP 255-345 @ S	7
8	9 VS 255-345 @ S VP 4-6 @ TK	10 VP 4-6 @ S	11 VS 255-345 @ S VP 4-515 @ TK	12 VP 4-6 @ S	13 VS 255-345 @ S VP 350-5 @ S	14
15	16 <b><u>NO SCHOOL NO PRACTICE</u></b>	17 VP 4-6 @ TK	18 VS 255-345 @ S VP 4-515 @ TK	19 VP 4-6 @ S	20 VS 255-345 @ S VP 350-5 @ S	21
22	23 VS 255-345 @ S VP 4-6 @ TK	24 VP 4-6 @ S	25 VS 255-345 @ S VP 4-515 @ TK	26 <b>V @ Rogers Meet</b>	27 VP 255-4 @ S	28

Codes: VS = Varsity strength training  
JP = Junior high practice S = School

VP = Varsity practice  
TK = Track

JS = Junior high strength training



## CRUSADER/LADY CRUSADER TRACK & FIELD

### *Master Schedule*

~ March 2015 ~							
◀ Feb 2015						Apr 2015 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>1</b>	<b>2</b> VS 255-345 @ S VP 4-6 @ TK JP 4-530 @ TK	<b>3</b> VP 4-6 @ S JS 255-345 @ S JP 4-530 @ S	<b>4</b> VS 255-345 @ S VP 4-515 @ TK JP 4-515 @ TK	<b>5</b> VP 4-6 @ S JS 255-345 @ S JP 4-530 @ S	<b>6</b> VP 255-4 @ S JP 4-5 @ S	<b>7</b> V @ RRISD Meet	
<b>8</b>	<b>9</b> VS 255-345 @ S VP 4-6 @ TK JP 4-530 @ TK	<b>10</b> VP 4-6 @ S JS 255-345 @ S JP 4-530 @ S	<b>11</b> VS 255-345 @ S VP 4-515 @ TK JP 4-515 @ TK	<b>12</b> V @ Salado Meet JP 255-345 @ S w/ Coach Wagner	<b>13</b> <b><u>NO PRACTICE</u></b>	<b>14</b>	
<b>15</b>	<b>16</b> <b>Spring Break</b> <b>NO PRACTICE</b>	<b>17</b> <b>Spring Break</b> <b>NO PRACTICE</b>	<b>18</b> <b>Spring Break</b> <b>NO PRACTICE</b>	<b>19</b> <b>Spring Break</b> <b>NO PRACTICE</b>	<b>20</b> <b>Spring Break</b> <b>NO PRACTICE</b>	<b>21</b>	
<b>22</b>	<b>23</b> VS 255-345 @ S VP 4-6 @ TK JP 4-530 @ TK	<b>24</b> VP 4-6 @ S JS 255-345 @ S JP 4-530 @ S	<b>25</b> VS 255-345 @ S VP 4-515 @ TK JP 4-515 @ TK	<b>26</b> VP 4-6 @ S JS 255-345 @ S JP 4-530 @ S	<b>27</b> V @ Elgin Meet JP 255-345 @ S w/ Coach Wagner	<b>28</b>	
<b>29</b>	<b>30</b> VS 255-345 @ S VP 4-6 @ TK JP 4-530 @ TK	<b>31</b> VP 4-6 @ S JS 255-345 @ S JP 4-530 @ S	<b>Codes:</b> VS = varsity strength training practice JS = Junior high strength training high practice S = School			VP = Varsity JP = Junior TK = Track	



## CRUSADER/LADY CRUSADER TRACK & FIELD

### *Master Schedule*

~ April 2015 ~								
◀ Mar 2015	May 2015 ▶	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> VS 255-345 @ S VP 4-515 @ TK  JP 4-515 @ TK	<b>2</b> VP 4-6 @ S  J @ Jarrell Meet	<b>3</b> <u>NO SCHOOL</u> <u>NO PRACTICE</u>	<b>4</b>
<b>5</b>	<b>6</b> <u>NO SCHOOL</u> <u>NO PRACTICE</u>	<b>7</b> VP 4-6 @ TK  JS 255-345 @ S JP 530 @ TK	<b>8</b> VS 255-345 @ S VP 4-515 @ TK  JP 4-515 @ TK	<b>9</b> VP 4-6 @ S  JS 255-345 @ S JP 4-530 @ S	<b>10</b> VP 255-4 @ S  JP 4-5 @ S	<b>11</b> V @ RRCA Meet J @ RRCA Meet  Meet is in Florence		
<b>12</b>	<b>13</b> VS 255-345 @ S VP 4-6 @ TK  JP 4-530 @ TK	<b>14</b> VP 4-6 @ S  JS 255-345 @ S JP 4-530 @ S	<b>15</b> VS 255-345 @ S VP 4-515 @ TK  JP 4-515 @ TK	<b>16</b> VP 4-6 @ S  JS 255-345 @ S JP 4-530 @ S	<b>17</b> VP 255-4 @ S  JP 4-5 @ S	<b>18</b>		
<b>19</b>	<b>20</b> VP 255-4 @ S  JP 4-530 @ TK	<b>21</b> V @ District Meet San Antonio Central Catholic Stadium JP 255-345 @ S w/ Coach Wagner	<b>22</b> VS 255-345 @ S VP 4-515 @ TK  JP 4-515 @ TK	<b>23</b> VP 4-6 @ S  JS 255-345 @ S JP 4-530 @ S	<b>24</b> VP 255-430 @ S	<b>25</b> J @ Austin Texas School For The Deaf		
<b>26</b>	<b>27</b> VS 255-4 @ S VP 4-6 @ TK  JP 4-530 @ TK	<b>28</b> VP 4-6 @ S  J @ ACAA Meet	<b>29</b> VS 255-345 @ S VP 4-515 @ TK	<b>30</b> V @ Regional Meet Bastrop Memorial Stadium in Cedar Creek	<b>Codes:</b> <b>VS = varsity strength training</b> <b>VP = Varsity practice</b> <b>JS = Junior high strength training</b> <b>JP = Junior high practice</b> <b>S = School</b> <b>TK = Track</b>			



## CRUSADER/LADY CRUSADER TRACK & FIELD

### *Master Schedule*

~ May 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat



## **Crusader/Lady Crusader Track & Field**

Dear Crusader/Lady Crusader Track & Field families,

First, let me share how blessed we are that you would consider being a part of Crusader/Lady Crusader Track & Field. Your interest means a great deal to us. If God so leads you to be a part of this program, we pray that you will be blessed by it.

That being said, the coaching staff and I feel that Crusader/Lady Crusader Track & Field is an outstanding program and a powerful ministry. As with any fine organization, our coaching staff maintains a high level of expectation for our track and field athletes. We would like to ask you to consider these expectations as you make decisions about participating in Crusader/Lady Crusader Track & Field.

We would also like to ask you to consider the following issues. Track & Field is a physically and mentally challenging sport. Your child will experience great thrills of victory as well as the agony of defeat. Some athletes will respond well to their training and some will not. They may experience many ups and downs throughout the season. We would ask you to utilize these situations to lead your children. Encourage them to stay the course, respond to their coaches, and maintain a positive attitude. We strongly urge you to consider whether or not this environment is right for your family.

Please read over the following document and include it in your prayer and decision making process. If this program seems like a good fit for you we welcome you. Please sign and return the back page of this packet to the Athletic Office if you desire to participate. We pray that God continues to bless each of you in the endeavors He leads you to.

In Christ,

Coach Jeremy E. Wentrcek  
Head Track Coach  
Round Rock Christian Academy





## Team Covenant

- I. Parental involvement
  - a. Spending time with your child in the backyard working on things they have learned can be very beneficial to your child's performance and to your relationship with him or her. We would ask that if this is part of your family dynamic please consider the following guidelines.
    - Find out the techniques they are learning at school and assist them in those techniques. Parents and coaches teaching their athletes different things creates confusion for the athlete.
  
- II. Support the coach
  - a. Believe half of what you hear.
    - a. We promise to believe half of what we hear about you if you will give us the same courtesy.
  - b. Event placement
    - a. Please allow coaches to place your child into the event or events they feel most benefits the team. This may mean that your child is not in their favorite event or the one that they are best at. No one knows the dynamic of their team like the coach. There are usually very good reasons for the event placement.
  - c. Coaching decisions
    - a. Please respect other coaching decisions made by the staff.
  - d. Discipline
    - a. We do not discipline to be harsh or cruel. However, discipline is a positive virtue. We do discipline for situations that violate team standards. We ask that you allow us to enforce disciplinary measures as the intent is always to encourage good decisions, and foster redemption. The level of discipline depends on the violation. Lower level discipline may include extra conditioning for violations such as not being in uniform or showing up late. Disciplinary actions for major violations of team standards may include but are not limited to the following.
      1. 1 or 2 event suspension
      2. Apology to team
      3. Extra conditioning
      4. Removal from team
  - e. With your words and actions
    - a. The words we speak about each other as brothers and sisters in Christ carry much weight. We commit to keep our words and actions in regard



to you and your family positive. We would ask that you give the coaching staff the same respect. Negative words spoken about a coach to your child, other parents, community members, etc. never improve the situation. They actually make it worse for all parties involved.

### III. Communication

- a. It is our goal to give consistent effective communication to families in regard to upcoming events, practices, etc. We are committing to sending 1 weekly email with all of this information.
- b. Most conflict is a result of misunderstanding or miscommunication. If you have an important question or concern please address the coach in a respectful manner. As with any other people, coaches can be defensive when accusations are made toward them. However, if you can formulate your thoughts as questions it helps to disarm a situation. For example, instead of saying..."My son has won the 100M dash in the Crusader Elementary PE Olympics for the last 5 years and now YOU have put him in something else and he is devastated. What on earth could you be thinking?" .....one could say....."Coach I have a question. I know you put a lot of time and effort into planning track season and we are so thankful for that. Could you help me lead my daughter? She's upset because she loves the hurdles and this year she is in the 400m dash. I'm sure you have placed her there for a reason, but could you share it with me so I can help her?"
- c. You will be given the head coach's cell number. Please limit the use of this to emergencies and evenings in which the team is traveling somewhere. Outside of these situations please contact coaches during daytime hours on the school phone or through email.

### IV. Commitment and allowance to participate

- a. When you allow your child to join a team they are making a commitment. Please allow your child to participate if they are eligible by school standards. If you are having behavioral issues at home, please let us know and we will assist you with those issues by creating "incentive" for your child to behave the way you desire them to.

### V. Eligibility

- a. Athletes must be passing all classes at the end of each quarter to be eligible. If the athlete is not passing all classes they will be ineligible for a term of 3 weeks. If after the 3 week period the athlete is passing he or she will regain their eligibility.



- VI. Practice attendance and policy
  - a. Policy: Students are not disciplined for missing a practice as long as they communicate this in advance. They will simply need to make up the conditioning missed at the next practice. If the student does miss the practice without prior notification he or she will need to make up conditioning and do an extra “memory jogger”.
  - b. Reality: If you miss numerous practices you will not be prepared and that may cause you to lose a spot in an event. Though we do not discipline for a missed practice, there are natural consequences for being unprepared. That being said we ask for your commitment to prioritize practice attendance.
- VII. Meet attendance and policy
  - a. The same rule applies for meets and practices. We do not discipline for missing a meet other than making up the conditioning you missed out on. We do discipline for not informing us ahead of time. Once again we cannot build team cohesiveness and expect to be excellent at the things we do if we miss meets. We are asking for your commitment to prioritize meets into your schedule.
- VIII. Strength training
  - a. As with any sport our level of physical strength is of utmost importance. Because of this factor we do involve our athletes in a strength training segment of practice. This segment involves training tactics such as free weights, plyometrics, and resistance training, etc. These segments of practice are just as important as the event training. Please allow your student to engage in strength training with us. We emphasize proper technique and good form. We will equip your child to execute these exercises properly.
- IX. The Meet is part of the training
  - a. Track is different than many other sports because the only meets that count are the last three. In light of that we train “TO” the last three meets. This means that we worked hard on 3 of your 5 events in a week and we still compete in the other 2 even if we haven’t had time to work on them. We will make sure the athlete is equipped to not hurt themselves but we cannot always wait until everything is perfect before entering an athlete in an event. We must use meets as training times for these events as well.
  - b. During the regular season we will do strength training on Mondays and Wednesdays even if we have a meet on Thursday. Once again the meet is part of the training. If we don’t lift the day before because we have a Thursday meet we will miss out on numerous strength training opportunities. Prepare for your athlete to feel some leg tension at the first of the year at some meets. Their bodies will adjust. Late in the season we will come off the weights later in the year right before district.



## Crusader/Lady Crusader Track & Field *Team Covenant*

### Parent Section:

I \_\_\_\_\_ as the parent or guardian of \_\_\_\_\_ have read and understand those things presented in the team covenant. I agree to ascribe to the team standards and policies presented in this document. I also agree to support and encourage the families, athletes, and coaches involved with Crusader/Lady Crusader Track & Field.

Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

### Athlete Section:

I \_\_\_\_\_ have read and understand those things presented in the team covenant. I agree to ascribe to all team standards and policies presented in this document. I also agree to use my words and actions to encourage and not tear down any team members, coaches, or support staff associated with Crusader/Lady Crusader Track & Field.

Athlete Name \_\_\_\_\_

Athlete Signature \_\_\_\_\_